

# E-NEWSLETTER

## Bahria University College of Medicine

### BUHSCI

DECEMBER '25 VOL. 2 – NO. 2

## WELCOME TO THE NEW RECTOR OF BAHRIA UNIVERSITY

Bahria University warmly welcomes Vice Admiral Abid Hameed HI (M) as its new Honourable Rector, marking the beginning of a promising chapter of continued progress and academic excellence for the University.

Commissioned into the Pakistan Navy in 1988, Vice Admiral Abid Hameed HI (M) brings with him a distinguished career defined by professional excellence, technical expertise, and strong academic credentials. He is an alumnus of the Pakistan Navy Engineering College (PNEC), Karachi, Pakistan Navy War College, Lahore, and the National Defence University (NDU), Islamabad. His academic journey further includes specialization in Marine Engineering from PNEC, completion of the Systems Engineering & Management Course (Marine Engineering) from Manadon, UK, and a Master's degree in Advanced Metallurgy from the University of Sheffield, UK.

In addition to his illustrious naval career, Vice Admiral Abid Hameed HI (M) has demonstrated a deep commitment to education. He has served as a faculty member at PNEC, where he later held key leadership positions including Head of the Mechanical Department and subsequently Dean of the College. His blend of academic insight, leadership acumen, and strategic vision positions him well to lead Bahria University towards new milestones.



The faculty, students, and administration of Bahria University College of Medicine (BUHSCI), Islamabad, extend a warm and respectful welcome to Vice Admiral Abid Hameed HI (M). We look forward to benefitting from his guidance and leadership as Bahria University continues to strengthen its mission of excellence in education, research, and service to the nation.



#### **PATRON IN CHIEF:**

Vice Admiral (R) Abid Hameed HI(M),  
Rector, Bahria  
University Islamabad

#### **PATRON:**

Rear Admiral (R)  
Abdul Basit Butt  
HI(M), DG Campus,  
BUHSCI

#### **EDITOR IN CHIEF:**

Maj. Gen. (R) Prof. Dr.  
Shazia Nisar HI(M),  
Principal, BUCM

#### **EDITOR:**

Prof. Dr. Naila Abrar

#### **MANAGING EDITORS:**

Dr. M. Omar Mukhtar  
Dr. Nimra Waqar  
Dr. Shahab Ali

# CHANGE IN LEADERSHIP AT BUHSCI



Bahria University Health Sciences Campus Islamabad recently witnessed a transition in leadership with the completion of the tenure of Rear Admiral (R) Naeem Sarwar SI (M) as Director General Campus. His valuable contributions during the formative phase of the institution are gratefully acknowledged. The university warmly welcomes Rear Admiral (R) Abdul Basit Butt HI (M) as the new Director General. In his message, he reaffirmed the university's commitment to academic excellence, ethical values, and service to humanity. He emphasized modern, standards-based medical education, strong clinical exposure, and research orientation. Special focus has been placed on the integration of Artificial Intelligence in healthcare education to prepare graduates for future challenges. Under his leadership, the campus looks forward to continued growth and academic distinction.



A **Literary Wall** was installed at Bahria University College of Medicine on 20<sup>th</sup> October '25 to promote reading, creativity, and intellectual expression among students.



# EARLY CLINICAL EXPOSURE OF 1<sup>ST</sup> YEAR MBBS



Students of Bahria University College of Medicine visited KRL Hospital and PNS Hafeez Hospital on 1st October '25, both affiliated teaching hospitals of the college. The visits provided valuable clinical exposure and insight into hospital workflows, patient care, and multidisciplinary healthcare practices, enhancing students' practical learning experience.



Highlights of motivational talk on **Responsible Social media Usage in light of Seerah** by Islamic scholar Muhammed Asim Sheikh on 4<sup>th</sup> September '25 at BUCM to celebrate the holy month of Rabi ul Awal





# PRIME MINISTER'S LAPTOP SCHEME



## Community Medicine Initiatives



The Department of Community Medicine & Public Health actively conducted and participated in multiple public health awareness initiatives, including Breast Cancer Awareness activities in collaboration with the Surgery Department, dengue awareness, and observance of World Diabetes Day, World Heart Day, and World Hepatitis Day, alongside community visits such as BHU Gagri. These activities extended beyond BUCM to outreach programs at Islamabad Chamber of Commerce and Bahria College Naval Anchorage, reflecting the department's strong commitment to preventive medicine and community engagement.





## BRIDGING DISCIPLINES: DESIGNING AND CONDUCTING JOINT SESSIONS



The DHPE, in collaboration with HSA, organized a faculty development workshop titled “Bridging Disciplines: Designing and Conducting Joint Sessions” on 11 November 2025. The workshop focused on integrating foundational sciences with clinical relevance to promote holistic understanding and real-world application in medical education.

## TABLE TENNIS TOURNAMENT 2025



Table Tennis Tournament '25 was held at Bahria University College of Medicine, featuring enthusiastic participation from both faculty members and students.

## Black Day for Kashmir



## STRATEGIES FOR EFFECTIVE BEDSIDE TEACHING by the OBGYN and DHPE departments



## End Digital Violence Against All Women and Girls





# BASIC LIFE SUPPORT TRAINING



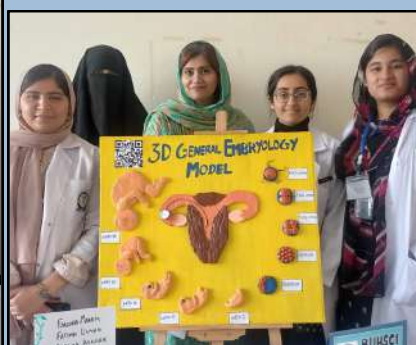
The BLS Training Program continues to make significant strides, with nearly half of our faculty and staff now fully certified in emergency response. Since its launch in January 2025, these regular, hands-on workshops have fostered a campus-wide culture of safety and preparedness. This ongoing initiative ensures that our team possesses the critical skills and confidence needed to effectively manage cardiac emergencies and save lives.

The Department of Health Professions Education, BUCM has announced the launch of the **2nd batch of the AI-driven Certificate in Health Professions Education (CHPE)**, scheduled from January to June 2026. This six-month program aims to enhance teaching, assessment, curriculum design, and research skills among healthcare professionals through structured contact sessions and expert faculty.

## World Anatomy Day 2025



**World Mental Health Day** was observed on 28<sup>th</sup> October '25 at Bahria University College of Medicine with an awareness session highlighting the importance of mental well-being. Prof. Mowadat Hussain Rana SI (M) delivered an inspiring interactive lecture on managing stress, time, and exam-related anxiety, while Principal Maj Gen (R) Shazia Nisar HI (M) graced the event and presented the chief guest with a shield.





Under the Research Cell, students presented their work at the International Research Conference 2025 (Fazaia Medical College, Air University) and the 1st National Research and Innovation Conference (King Edward Medical University, Lahore). In addition, multiple capacity-building workshops and expert sessions were conducted, covering SPSS, AI in healthcare and academia, grant writing and NRPB submissions, biomedical databases, journal categories, and access to the HEC Digital Library.



## MASTERING EMOTIONAL INTELLIGENCE: SKILLS FOR SUCCESS

The Department of Gynecology & Obstetrics hosted a “Mastering Emotional Intelligence: Skills for Success” workshop on 9th December 2025, exclusively for BUCM faculty. The session highlighted practical strategies to enhance emotional awareness, resilience, and professional growth within the academic community.





# QAWWALI NIGHT AT BUCM



Qawwali Night at Bahria University College of Medicine (Naval Anchorage) Islamabad on 25<sup>th</sup> October '25 was an unforgettable evening of spiritual rhythm and cultural expression.

The event brought students, faculty, and guests together to celebrate the timeless art of Qawwali — where soulful melodies, heartfelt lyrics, and powerful performances created an atmosphere of devotion and unity. The night resonated with Sufi essence, highlighting the beauty of tradition and the strength of togetherness within the Bahria University community.

It was more than a musical gathering — it was a celebration of culture, faith, and the shared spirit that binds us all.